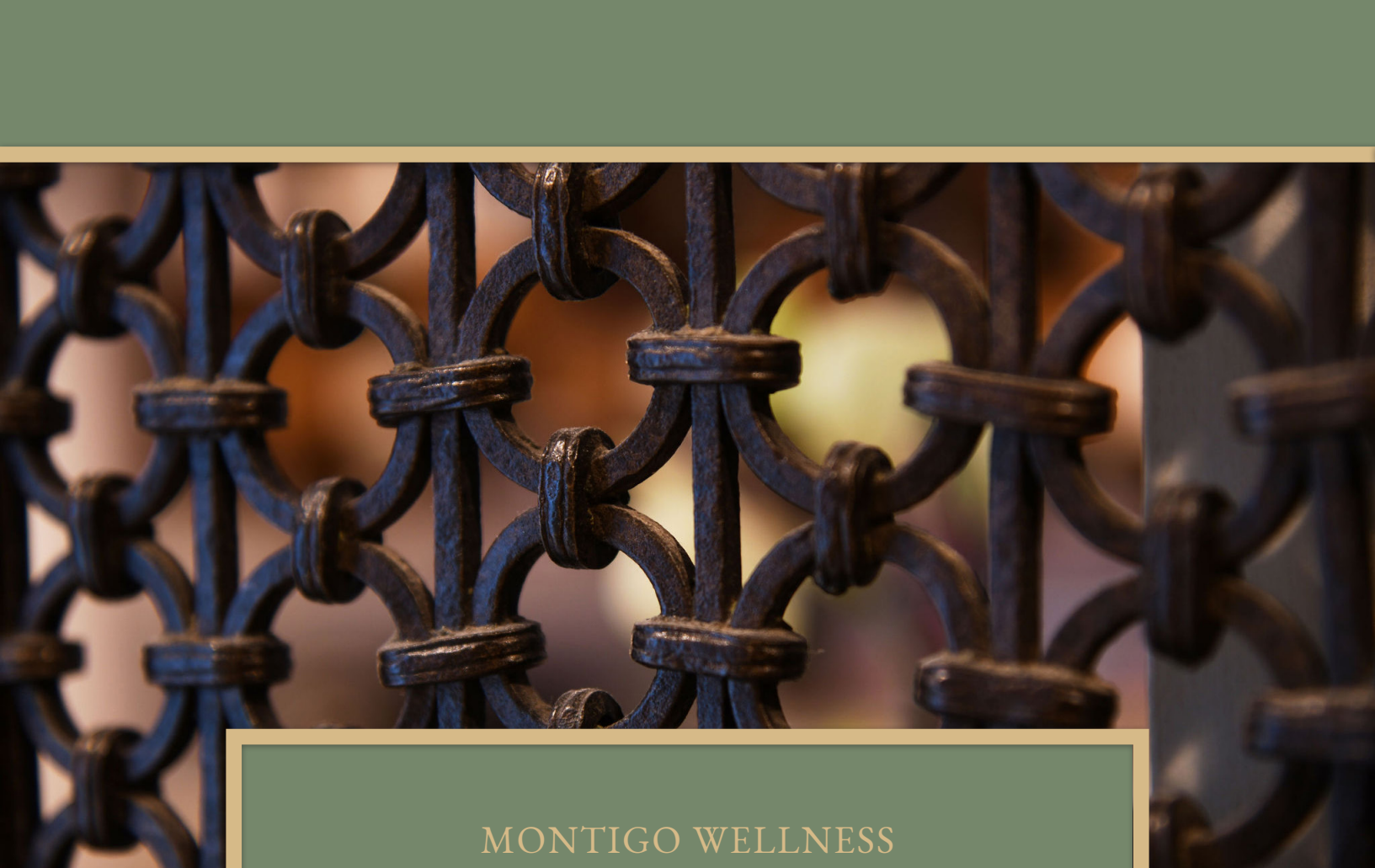




MONTIGO WELLNESS & SPA MENU





MONTIGO WELLNESS

Welcome to Montigo Wellness at Charlton House. We invite you to embark on a journey of relaxation and rejuvenation at our historic country house in Somerset. Our treatments are carefully curated to harmonise body, mind and spirit, blending the timeless charm of this heritage site with the warmth of Asian hospitality. Originating in Indonesia, Montigo Wellness is renowned for its authentic spa therapies, drawing from centuries of holistic healing traditions.

Whether you seek tranquillity, invigoration, or a moment of escape, you'll find it here. Restore your body's balance with age-old therapies, enhanced by the soothing infusion of ambient fragrances. Our extensive spa menu includes a selection of spa days, facials, massage therapies, manicures and pedicures to complete your pampering experience. Feel free to approach our therapists to discuss the treatments best suited to your needs. We wish you a truly relaxing and rejuvenating experience with us.

Take time to enjoy our spa and gym facilities, designed to help you relax and recharge. For long-term access to our wellness and fitness offerings, you may wish to enquire about our exclusive Charlton House Membership.



SPA FACILITIES & OPENING HOURS

Discover a tranquil escape with our thoughtfully curated spa facilities, designed to promote complete relaxation and rejuvenation.

Immerse yourself in the soothing warmth of our hydrotherapy pool, or experience the deep, dry heat of the Finnish sauna.

Unwind in the crystal steam room, infused with the healing energy of Bohemian amethyst, or enjoy the gentle warmth of the Roman-inspired laconium.

For a perfect moment of serenity, retreat to the outdoor hot tub in our peaceful courtyard garden.

Opening Hours

Spa facilities: 9am - 9pm

Gym: 6am - 10pm

Treatments: 9am – 8pm



sauna

SPA DAY MENU

Charlton Spa Day

Enjoy full use of the spa facilities that include a plunge and hydrotherapy pool, outdoor hot tub, steam room, sauna, laconium and gymnasium.

9am-5pm £50

Charlton Evening Spa

Enjoy full use of the spa facilities that include a plunge and hydrotherapy pool, outdoor hot tub, steam room, sauna, laconium and gymnasium.

5pm-9pm £40

The above spa days are for facility use only
and no treatments are included.

You are very welcome to add a treatment of your choice as well as reserve a table for breakfast, lunch, afternoon tea or dinner, subject to availability, if you are looking to enhance your spa day experience - this should be reserved at time of booking to avoid disappointment on the day.



SPA DAY MENU

Montigo Full Day Spa

Enjoy full use of the spa facilities that include a plunge and hydrotherapy pool, outdoor hot tub, steam room, sauna, laconium and gymnasium, a 60-minute treatment of your choice and £15 towards lunch or afternoon tea.

9am-5pm £150

Montigo Half Day Spa

Enjoy full use of the spa facilities that include a plunge and hydrotherapy pool, outdoor hot tub, steam room, sauna, laconium and gymnasium, a 30-minute treatment of your choice and £15 towards lunch or afternoon tea.

9am-1pm or 1-5pm £115

Montigo Evening Spa

Enjoy full use of the spa facilities that include a plunge and hydrotherapy pool, outdoor hot tub, steam room, sauna, laconium and gymnasium, a 30-minute treatment of your choice and a main course from the restaurant dinner menu.

(Upgrade to a two-course dinner for an additional £12 or three-course £22)

5pm-9pm £125

Additional treatments may be pre-booked to enhance any of the above experiences, subject to availability.



SIGNATURE TREATMENTS

Montigo Massage

Feel a lifetime of muscle tension melt away as our expert therapists use a combination of pressure point techniques, stretching, and effleurage to target uncomfortable knots.

60 minutes £110

90 minutes £140

Montigo Herbal Poultices Massage

A relaxing full-body massage using hot herbal poultices filled with exotic herbs to relieve tired, aching muscles and improve skin texture.

90 minutes £145

Montigo Body Scrub

Fragrant botanical ingredients are blended and applied to the skin in this nourishing herbal scrub.

45 minutes £85

Montigo Back Reliever

An intensive massage and treatment designed to work deep into stiff, tight, and aching muscles, providing immediate relief from pain and tension. This restorative treatment is ideal for stressed and overworked muscles.

45 minutes £85



MASSAGE TREATMENTS

Swedish Massage

Let go of tension as your therapist applies a rhythmic tapping motion, offering soft, soothing pressure for total relaxation.

60 minutes £100 75 minutes £120

Aromatherapy Massage

Surrender to the calming touch of your therapist as they use rhythmic motions, enhanced by aromatic oils, to melt away stress and tension.

60 minutes £100 75 minutes £120

Pregnancy Massage

Nurture your body before and after childbirth with our gentle pre- and post-natal treatments, specially designed for maternal care.

30 minutes £80

Thai Massage

Feel limber and supple after this unique dry massage, adapted from ancient Thai methods, which works along the body's meridian lines.

60 minutes £115

Balinese Massage

Improve oxygen flow throughout your body with this time-tested massage, combining acupressure, reflexology, and aromatherapy.

60 minutes £115 90 minutes £145

Deep Tissue Massage

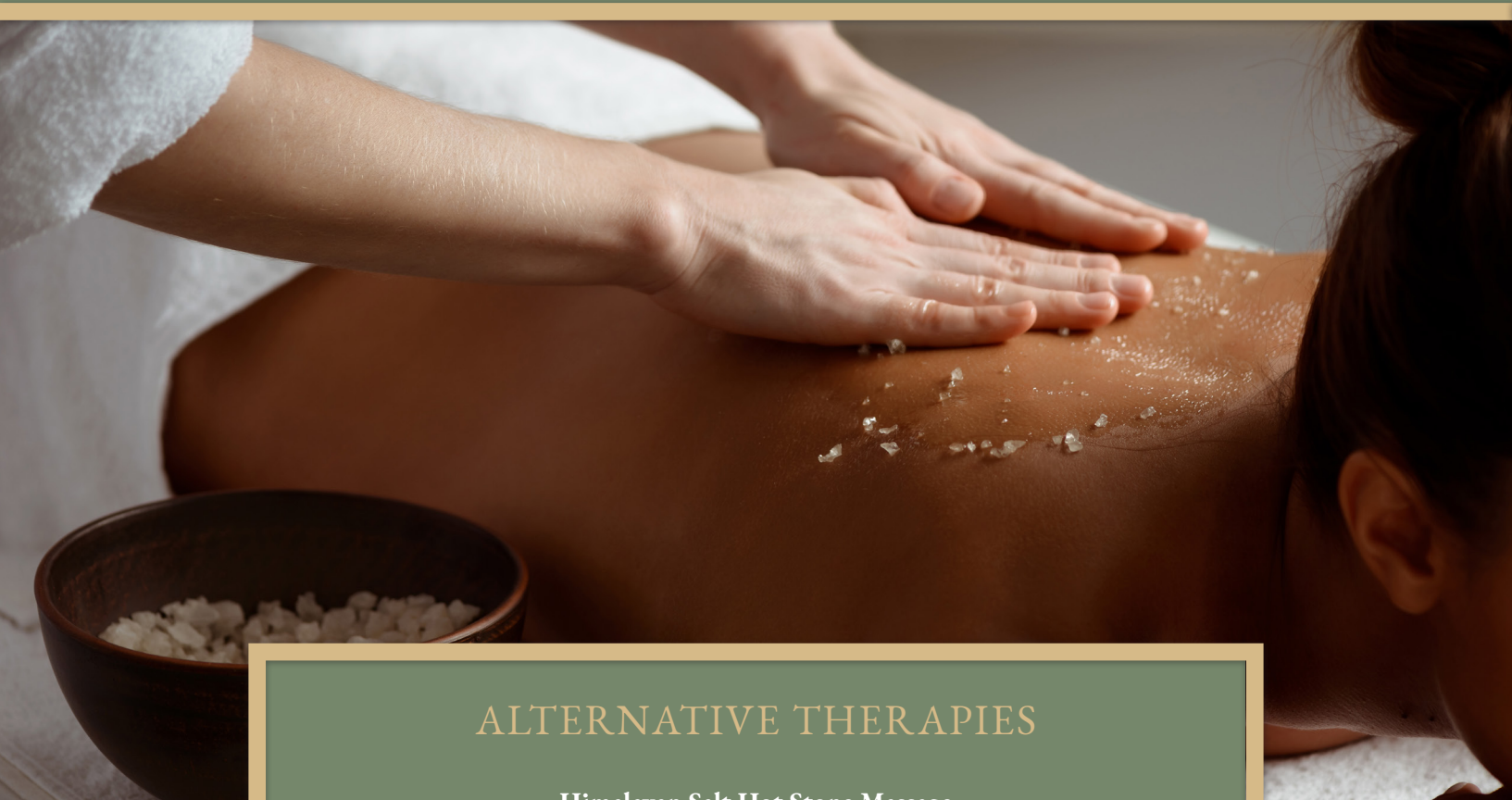
Enhance your posture and mobility with this intense dry massage, designed to address deep-seated muscle pain.

60 minutes £115 90 minutes £145

Tailored Massage

A tailored massage focused on relieving stiffness and tension.

30 minutes £70



ALTERNATIVE THERAPIES

Himalayan Salt Hot Stone Massage

Using pure hand-carved Himalayan stones, this treatment removes negative ions from the treatment room, the guest, and the therapist, reducing oxidative stress. It can help ease symptoms of allergies and respiratory problems.

75 minutes £125 90 minutes £145

Molten Candle Wax Massage

Relax as your therapist melts a sweet-scented candle into a luxurious massage oil designed to rejuvenate and nourish the skin.

30 minutes £70 60 minutes £110

Pacific Sugar Scrub

Based on an ancient Balinese formula, this sugar scrub softens, refines, and refreshes the skin to stimulate new cell growth.

30 minutes £70

Hydrating Body Wrap

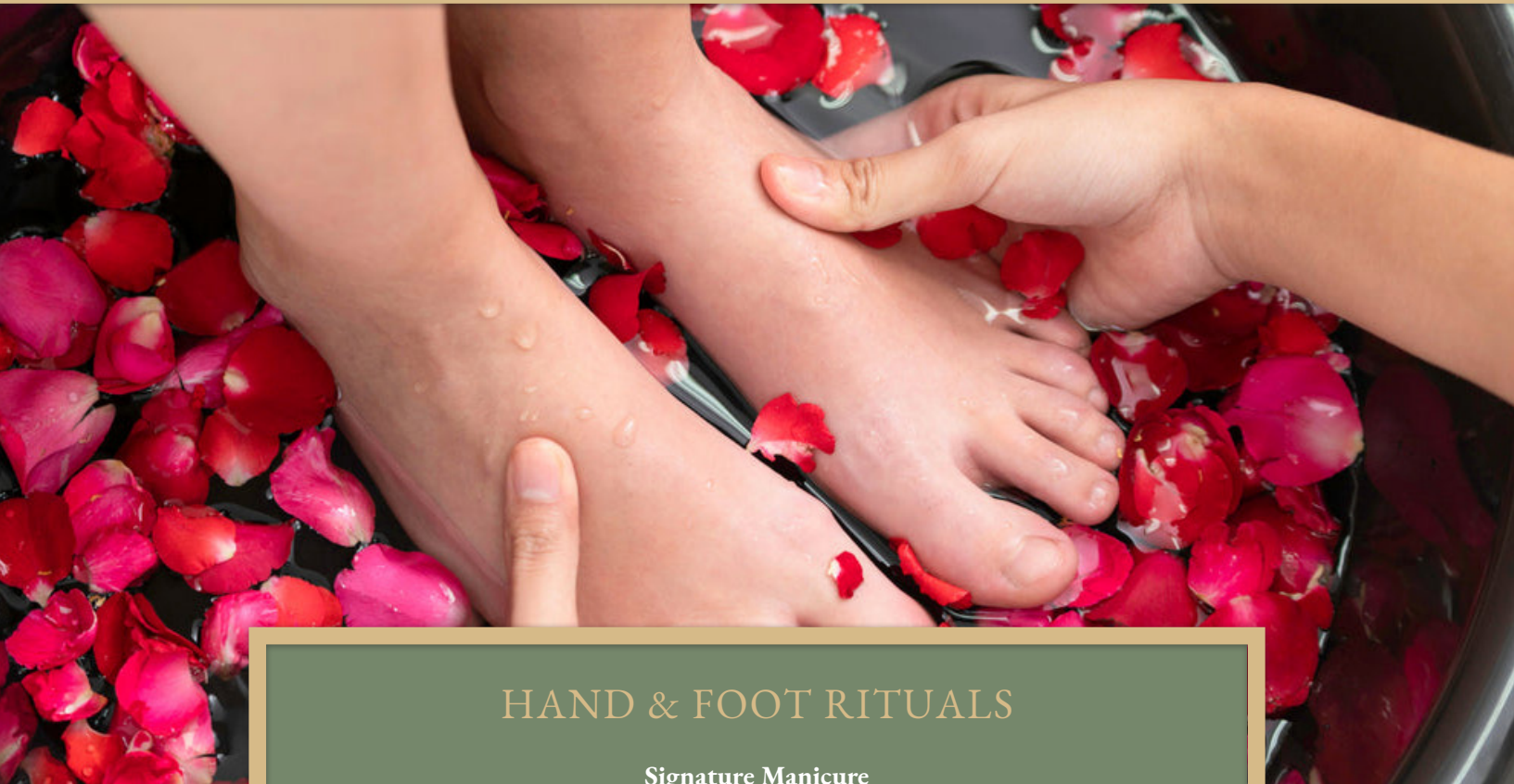
Feel your skin regain its vibrance and elasticity as our therapists apply a specialist mask, made from a blend of herbs and spices.

45 minutes £85

Seasonal Body Scrub

Using exfoliating minerals with antibacterial properties, this scrub restores your skin's natural glow, leaving it smooth and soft.

30 minutes £70



HAND & FOOT RITUALS

Signature Manicure

Make an impression with a chip-resistant nail finish, perfect for your next event or meeting.

60 minutes £65

Pamper Pedicure

Treat your feet with this customized pedicure, designed to moisturise, exfoliate, and rejuvenate tired feet.

60 minutes £65

Nail File and Gel Polish

Let us cut and file your nails, groom the cuticles, and apply premium nail polish or gel lacquer of your choice.

Hands

30 minutes (regular polish) £40
45 minutes (gel polish) £50

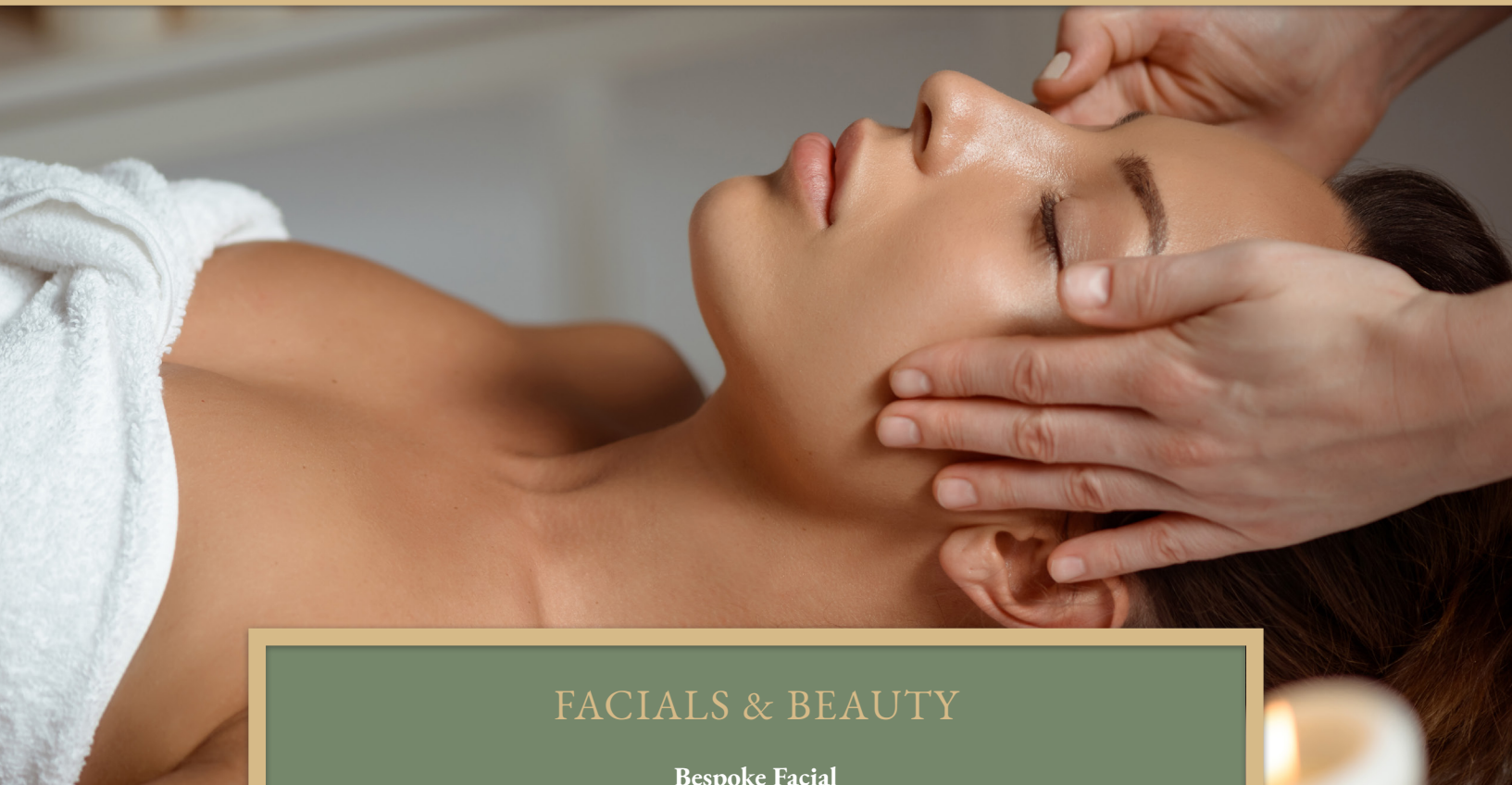
Hands & Toes

60 minutes (regular polish) £60
90 minutes (gel polish) £70

Foot Work

Sit back and relax as our therapist applies pressure to key areas of the soles, believed to be connected to internal organs for holistic relief.

30 minutes £70 60 minutes £100



FACIALS & BEAUTY

Bespoke Facial

Rejuvenate your skin with a Natural Spa Factory facial, designed to gently remove dead skin cells, hydrate, and bring out your natural radiance.

30 minutes £70 60 minutes £105

Oriental Glow Facial

Inspired by Eastern traditions using rice and clay, this facial begins with deep cleansing and exfoliation to illuminate the skin, followed by lymphatic drainage and acupressure massage for deep relaxation.
Your skin will feel softer, smoother, and radiant.

60 minutes £105 90 minutes £125

Natural Hot Waxing

Get silky-smooth skin with a professional wax, using hypo-allergenic Ashmira Botanica products.

- Simple eyebrow shape: 15 minutes £20
- Eyebrow wax and tint: 30 minutes £35
- Eyelash tint and lift: 45-60 minutes £45
- Full arm and hand wax: 30 minutes £35
- Full leg and foot wax: 30 minutes £40
- Lip and chin wax: 30 minutes £30
- Simple bikini line wax: 30 minutes £30
- Full underarm wax: 15 minutes £20

SPA GUIDELINES & GUEST INFORMATION

What to Wear

We ask that swimwear or underwear be worn under your robe when heading into treatments. Swimwear is also required when using the heat rooms. For the gym and fitness classes, please bring appropriate footwear, such as trainers or gym shoes.

Arrival

Please arrive at least 10 minutes before your scheduled treatment to ensure you receive the full experience.

Medical Condition

If you have any health concerns, allergies, or past injuries, please inform us at the time of booking, as some treatments may not be suitable. You will also be asked to complete a medical questionnaire upon arrival to ensure we can provide appropriate treatments.

Pregnancy

We offer several treatments suitable for pregnancy. Please inquire when booking for more information.

Mobile Phones

For the comfort of all guests, we ask that mobile phones be switched off during your time in the spa.

Valuables

Please store your valuables in the lockers provided. Some treatments may require the removal of jewellery, so please double-check your robe pockets before leaving, as we cannot be held responsible for any lost items.

Exclusively for Adults

Our spa facilities and treatments are available to guests aged 18 and over.

For Your Safety

Please do not bring any items into the spa that may break or spill.

Booking Policy

Payment in full is required at the time of booking for any treatments or spa days.

Cancellation Policy

Spa days require 72 hours' notice for cancellation or rescheduling to receive a full refund. Individual treatments require 24 hours' notice.

Sanctuary Spaces

To ensure a relaxing experience for all guests, we ask that noise be kept to a minimum throughout the spa.

Food and Drink

Breakfast, lunch, afternoon tea, and dinner are served daily in our bar and restaurant. If you would like to remain in your robe throughout your spa day, feel free to relax in Bobo's Bistro Bar.

Flip Flops

To minimize our environmental impact, we ask that guests bring their own flip flops. Alternatively, these can be hired for £5 per pair.

Towels and Robes

Towels and robes are provided during your spa experience when booking a treatment, spa day, or when staying in the hotel. At busy times, a refundable deposit may be requested.

Prices and treatments are subject to change without prior notice.